

\* Not available in bldg. 407

# NSA MENU








WEEK OF OCTOBER 27<sup>TH</sup> THROUGH 31<sup>ST</sup>

	Monday 27 OCT.	Tuesday 28 OCT.	Wednesday 29 OCT.	Thursday 30 OCT.	Friday 31 OCT.
<b>Morning Eye Openers</b> 	HOT CAKES SCRAMBLED EGGS AND BACON STRIPS OR SAUSAGE LINKS \$2.50	SAUSAGE & CHEESE OMELET HOME FRIES (2) TOAST \$2.75	GRILLED HAM, EGG & CHEESE w/home fries \$2.50	FRENCH TOAST W/TWO EGGS & BACON OR SAUSAGE LINKS \$2.50	WESTERN OMELET HOME FRIES & 2 PCS OF TOAST \$2.75
<b>Grilled Greats</b> 	ITALIAN CHEESE STEAK HOAGIE \$2.75	GRILLED PRETZEL SANDWICH w/Ham & cheese \$2.85 Grilled Cheese \$1.25	Italian Meatball Hoagie w/pizza Cheese \$2.75	Chicken Steak Sub w/lettuce, Tomato and Onion \$2.50	Mushroom & Swiss Burger \$2.50
<b>Healthy Choice</b> 	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
<b>Specialty Station</b> 	FRIED CHICKEN  BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	PIZZA PLAIN \$1.20 PEPPERONI \$1.30  <b>Ham &amp; Cheese Kaiser \$2.90</b>	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80  <b>Baked Potato Bar \$1.75</b>	PIZZA PLAIN \$1.20 PEPPERONI \$1.30  <b>Dagwood Sandwich \$3.70</b>	FRIED CHICKEN  BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
<b>Feature Vegetables</b> 	GARDEN PEA SLICED CARROTS SEASONED FRIES	Buttered Corn Whipped potatoes W/gravy Salad Sliced beets	Sugar Peas Brussels Sprouts Buttered Noodles Mashed Sweet Potatoes	Green Beans Succotash Buttered Noodles Whipped Potatoes with gravy	Macaroni & cheese  Stewed Tomatoes  Cole Slaw
<b>Daily Special</b> 	<b>CHEF'S</b>  <b>CHOICE</b>	<b>Chicken Spaghetti Casserole W/ 2 sides</b> \$4.25	Chuck Wagon Stew \$4.25	<b>Liver &amp; onions</b> W/choice of two vegetables \$3.95	<b>Ham Pot Pie W/ 1 Vegetable \$3.95</b>
<b>Daily Special</b> 	<b>Baked Fish</b> W/two Vegetables \$4.25	<b>Salisbury Steak</b> w/gravy w/choice of two vegetables \$4.25	<b>Ham Steak w/ 2 Vegetables</b> \$4.25	<b>CHEF'S</b>  <b>CHOICE</b>	<b>Red fish W/ Two Vegetables</b> \$4.25
<b>Soup Du Jour</b> 	Cauliflower Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Chicken Vegetable Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Cream Potato Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Spanish Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Maryland Crab Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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# NSA MENU

WEEK OF OCTOBER 6<sup>TH</sup> THROUGH 10<sup>TH</sup>

	Monday 06 OCT.	Tuesday 07 OCT.	Wednesday 08 OCT.	Thursday 09 OCT.	Friday 10 OCT.
<b>Morning Eye Openers</b> 	(2) Eggs (2) Bacon or (2) Sausage Links (2) Toast Home Fries \$2.50	BLUE BERRY PANCKAES w/bacon strips or Sausage Links \$2.50	(2)Waffles (2) Eggs (2) Sausage links \$2.50	HAM STEAK & Eggs w/Home Fries and Toast \$2.75	FRENCH TOAST w/ two Eggs & Bacon or Sausage Links \$2.50
<b>Grilled Greats</b> 	Grilled cheese with bacon \$2.75 add French Fries \$ .75	TURKEY BURGER \$2.35	Grilled Roast Beef \$2.75	ITALIAN CHEESE STEAK HOAGIE \$2.75	GRILLED TUNA MELT \$2.50
<b>Healthy Choice</b> 	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
<b>Specialty Station</b> 	FRIED CHICKEN  BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	PIZZA <b>Chicken Salad Sub</b> <b>\$2.70</b>	Potato Bar \$1.75  FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	PIZZA <b>Turkey Bacon Club</b> <b>\$3.70</b>	FRIED CHICKEN  BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
<b>Feature Vegetables</b> 	Tossed Salad  Collard greens  Potato Salad	Buttered Corn Spinach Whipped Potatoes w/gravy Colonial Style Cabbage	Glazed Carrots Macaroni & Cheese Stewed Tomatoes Onion rings	Mashed Potatoes & Gravy Peas Red Beets Toss Salad	Chef's choice
<b>Daily Special</b> 	<b>Baked spaghetti With garlic toast</b> <b>\$3.95</b>	<b>Chef's Special</b>	<b>PORK BARBECUE SANDWICH</b> W/ONE VEGETABLE \$3.95	<b>Hot Turkey Sandwich</b> w/two vegetables \$4.25	<b>TUNA CASSEROLE W/one VEGETABLE</b> <b>\$3.95</b>
<b>Daily Special</b> 	<b>Barbecue Chicken w/two vegetables</b> <b>\$4.25</b>	<b>STUFFED CHICKEN BREAST</b> W/choice of two vegetables \$4.25	<b>Batter Dipped Fish</b> W/two vegetables \$4.25	<b>BAKED LASAGNA</b> W/garlic toast \$3.95 W/salad \$4.25	<b>Chef's Choice</b>  <b>\$3.95</b>
<b>Soup Du Jour</b> 	Chicken Corn Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	Potato Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	Macaroni Beef Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	Ham & Bean Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	Seafood Bisque Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25

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# NSA MENU

WEEK OF OCTOBER 13<sup>TH</sup> THROUGH 17<sup>TH</sup>

	Monday 13 OCT.	Tuesday 14 OCT.	Wednesday 15 OCT.	Thursday 16 OCT.	Friday 17 OCT.
<b>Morning Eye Openers</b> 	COLUMBUS DAY	HOT CAKES SCRAMBLED EGGS & BACON STRIPS OR SAUSAGE LINKS \$2.50	Blueberry Waffles \$2.50	FRENCH TOAST W/TWO EGGS & BACON OR SAUSAGE LINKS \$2.50	WESTERN OMELET HOME FRIES & 2 PCS OF TOAST \$2.75
<b>Grilled Greats</b> 	COLUMBUS DAY	1/3 lb. Bacon Cheese Burger \$2.75	CHEESEBURGER HOAGIE \$2.75 add French Fries \$ .75	1/3 <sup>rd</sup> lb Cheddar Burger \$2.75	PATTY MELT \$2.75
<b>Healthy Choice</b> 	COLUMBUS DAY	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
<b>Specialty Station</b> 	COLUMBUS DAY	PIZZA  <b>Roast Beef &amp; Cheese on a Croissant</b> \$2.75	FRIED CHICKEN  <b>Baked Potato Bar</b> \$1.75	PIZZA  <b>Turkey Club</b> \$3.70	FRIED CHICKEN  BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
<b>Feature Vegetables</b> 	COLUMBUS DAY	Parsley Potatoes Green Beans Steamed Rice Wax beans	Mexican Rice  Beets	Brussel Sprouts Corn Whipped Potatoes w/gravy	Mixed Vegetables  Cole slaw  French Fries
<b>Daily Special</b> 	COLUMBUS DAY	VEGETABLE Stir Fry Over Rice \$4.00	<b>TACO SALAD</b> (served in a 12" tortilla shell)  \$4.25	<b>CHICKEN POT PIE</b> \$3.95	<b>SPAGHETTI &amp; MEATBALLS</b> \$3.95
<b>Daily Special</b> 	COLUMBUS DAY	Bombay Chicken W/two Vegetables \$4.25	<b>CHEF'S CHOICE</b>	<b>BAKED MEAT LOAF</b> w/choice of two vegetables \$3.95	<b>FISH &amp; FRIES</b>  \$4.25
<b>Soup Du Jour</b> 	COLUMBUS DAY	CHICKEN NOODLE Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	SOUTHWEST BEAN Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	BEEF NOODLE Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25	CLAM CHOWDER Bowl \$1.50 Cup \$ 1.00 Chili Bowl \$1.70 Cup \$1.25

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# NSA MENU

WEEK OF OCTOBER 20<sup>TH</sup> THROUGH 24<sup>TH</sup>









Monday  
20 OCT.

Tuesday  
21 OCT.

Wednesday  
22 OCT.

Thursday  
23 OCT.

Friday  
24 OCT.

<b>Morning Eye Openers</b> 	<b>Spanish Omelet W/Home Fries And Toast</b> <b>\$2.75</b>	<b>HOT CAKES SCRAMBLED EGGS &amp; BACON STRIPS OR SAUSAGE LINKS</b> <b>\$2.50</b>	<b>YUMMY</b> <b>\$2.15</b>	<b>FRENCH TOAST W/TWO EGGS &amp; BACON OR SAUSAGE LINKS</b> <b>\$2.50</b>	<b>WESTERN OMELET HOME FRIES &amp; 2 PCs OF TOAST</b> <b>\$2.75</b>
<b>Grilled Greats</b> 	<b>Italian Steak</b> <b>\$2.75</b>	<b>Cheddar burger</b> W/ bacon & sautéed onions <b>\$2.75</b>	<b>Pork Barbecue Sandwich</b> <b>\$2.75</b>	<b>Cowboy Burger Grilled mushrooms &amp; onions, bacon, &amp; Monterey Jack cheese</b> <b>\$2.75</b>	<b>Home Made Crab Cake Sandwich</b> <b>\$2.50</b>
<b>Healthy Choice</b> 	<b>SALAD BAR WITH FRESH VEGETABLES AND FRUIT</b> <b>\$ .25 PER OUNCE</b>	<b>SALAD BAR WITH FRESH VEGETABLES AND FRUIT</b> <b>\$ .25 PER OUNCE</b>	<b>SALAD BAR WITH FRESH VEGETABLES AND FRUIT</b> <b>\$ .25 PER OUNCE</b> <b>Baked potato bar</b> <b>\$1.75</b>	<b>SALAD BAR WITH FRESH VEGETABLES AND FRUIT</b> <b>\$ .25 PER OUNCE</b>	<b>SALAD BAR WITH FRESH VEGETABLES AND FRUIT</b> <b>\$ .25 PER OUNCE</b>
<b>Specialty Station</b> 	<b>FRIED CHICKEN</b> <b>BREAST \$1.70</b> <b>THIGH \$1.30</b> <b>LEG \$.80</b> <b>WING \$.60</b>	<b>PIZZA</b> <b>Cold Meatloaf Sandwich</b> <b>\$2.70</b>	<b>FRIED CHICKEN</b> <b>BREAST \$1.70</b> <b>THIGH \$1.30</b> <b>LEG \$.80</b> <b>WING \$.60</b> <b>Baked potato bar</b> <b>\$1.75</b>	<b>PIZZA</b> <b>Italian Hoagie</b> <b>\$3.45</b>	<b>FRIED CHICKEN</b> <b>BREAST \$1.70</b> <b>THIGH \$1.30</b> <b>LEG \$.80</b> <b>WING \$.60</b>
<b>Feature Vegetables</b> 	<b>Salad Chefs Choice Steamed Broccoli</b>	<b>Peas Sliced Carrots Stewed Tomatoes Buttered Noodles</b>	<b>Macaroni &amp; Cheese Buttered Corn Mixed Vegetables Stewed Tomatoes</b>	<b>Mashed Potatoes With Gravy Garden Peas Buttered Corn Bread Stuffing</b>	<b>Chef's Choice  Tossed Salad  Zucchini &amp; Tomatoes</b>
<b>Daily Special</b> 	<b>CHEF'S  CHOICE</b>	<b>Beef Stroganoff</b> <b>\$4.25</b>	<b>BATTER BAKED FISH W/choice of two Vegetables</b> <b>\$4.25</b>	<b>CHEF'S CHOICE</b>	<b>Chicken stuffing casserole With one vegetable</b> <b>\$4.25</b>
<b>Daily Special</b> 	<b>Yakisoba With Two vegetables</b> <b>\$4.25</b>	<b>Pork Chop W/ two vegetables</b> <b>\$4.25</b>	<b>CHEF'S CHOICE</b>	<b>Roast Turkey W/choice of two Vegetables</b> <b>\$4.25</b>	<b>Shrimp Jambalaya</b> <b>\$4.25</b>
<b>Soup Du Jour</b> 	<b>Cream of Broccoli</b> <b>Bowl \$1.50</b> <b>Cup \$1.00</b> <b>Chili</b> <b>Bowl \$1.70</b> <b>Cup \$1.25</b>	<b>Turkey Noodle</b> <b>Bowl \$1.70</b> <b>Cup \$1.25</b>	<b>Barley Chicken Chili</b> <b>Bowl \$1.50</b> <b>Cup \$1.00</b> <b>Chili</b> <b>Bowl \$1.70</b> <b>Cup \$1.25</b>	<b>Chicken Noodle Bowl \$1.50</b> <b>Cup \$1.00</b> <b>Chili</b> <b>Bowl \$1.70</b> <b>Cup \$1.25</b>	<b>Du Jour</b> <b>Bowl \$1.50</b> <b>Cup \$1.00</b> <b>Chili</b> <b>Bowl \$1.70</b> <b>Cup \$1.25</b>

